

學校簡介:

Griffith University 位於澳洲的昆士蘭州，目前主要有五個校區，分別是 Nathan，Mount Gravatt，Logan，South bank，以及 Gold Coast。而我是選擇在 Nathan 校區上課。要注意的是澳洲土地十分的大，因此每個校區的距離都十分的遠，尤其是 Gold Coast，已經是在完全不同的城市了，所以建議課都盡量選在同一個校區！

國外研修之課程學習（課內），推薦受益最多/最喜歡的課程:

我在 Griffith University 總共修了三門課，而這也是交換生的最低修課門檻。選課流程是：學校會先請交換生提出六門有興趣的課程，再依照我們在原學校的科系進行審核，決定哪些課程可以修。最後能修的課基本上就是通過審核後被核准的那些。我修的課分別是 Intercultural Communication, Intercultural Organisations, Peace and Conflict, 和 Language and Communication for Arts and Social Sciences。Intercultural Communication 是一門跨文化交流的課程，教授會準備一些 case study，讓學生在課堂上互相討論並分享不同的觀點。課程作業主要圍繞 Emic（內我）和 Etic（外我）這兩個核心概念，並結合各種學術理論來分析不同文化或研究對象的行為模式。Intercultural Organisations, Peace and Conflict 則偏向政治學領域，內容涵蓋各類國際與非國際組織的運作。上課方式也以小組討論為主，教授會提出許多值得深入思考的問題，讓我們進行討論與分享。最後，Language and Communication for Arts and Social Sciences 是我最喜歡的一堂課。這門課只有母語非英文的國際學生才能選，因此我在這堂課認識了來自世界各地的朋友，而且大家英文都很好，我們課後也常一起出去玩。相較於其他課程，這堂課的課業壓力較小，內容也不會太艱深，上課主要就是表達想法與討論。教授的態度也非常親

切，把我們當朋友看待，整體課堂氛圍輕鬆又歡樂。

國外研修之生活學習（課外）：

獨自前往異國留學的這段時間，我覺得自己比以往更加獨立。雖然我住在寄宿家庭，不需要自己煮飯，但在交換期間仍學到了許多重要的生活技能。例如，我學會如何自己處理住宿相關問題、處理銀行卡與電信；也學會與朋友規劃旅行、訂機票、安排行程和住宿等。此外，我也真正體會到什麼叫「在一個完全陌生的國家建立自己的舒適圈」。從一開始鼓起勇氣主動去了解環境，到後來認識了許多來自不同國家的好朋友，一起探索更多地方、累積共同回憶，這整個過程都讓我非常佩服當時的自己。回頭看，我變得比以前更有自信，也更相信自己有能力處理各種大小事。這段交換經驗不只讓我看見世界，也讓我看見了一個更勇敢、更成熟的自己。

交換/研修之具體效益（請條列式列舉）：

1. 英文口說能力進步
2. 變得更加獨立自信
3. 拓展國際視野，結交認識不同國家的朋友
4. 更加認識自己

海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？

在海外生活期間，我曾遇到一個困擾我相當久的問題：我無法在課後觀看教授上傳的課堂錄影。這對課業影響很大，因此一發現問題，我立即寫信向教授反映。

但教授最初建議我依照公告版的操作步驟處理，然而我照著指示嘗試多次仍然無法成功。之後我再次與教授聯繫，他表示這情況「很奇怪」，並請我尋求學校 IT 團隊的協助。但當我向 IT 團隊尋求協助時，他們告訴我此問題他們幫我回報了，而影片權限必須由教授開放，因此又要我回頭再找教授。這段時間讓我相當焦慮，因為問題在兩方之間來回，但始終沒有被真正處理。最後，我再次寫信向教授詳細說明情況，他願意安排視訊通話，讓我直接示範遇到的問題並分享螢幕畫面。教授確認狀況後，便主動將錄影檔寄到我的郵件，而後續我也都能正常瀏覽課堂影片。這件事總共花了將近兩週才順利解決。雖然過程很波折，但這次經驗讓我學到在面對困境時要保持耐心，並且要清楚表達自己的問題，同時也不要害怕再次尋求協助。最重要的是，我發現即使在異國環境中，我也能逐步找到解決方案，並學會為自己的需求發聲。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

在澳洲交換期間，我最明顯的文化衝擊來自上課模式。不同於台灣學生多半安靜聽課，澳洲的課堂非常強調學生主動參與。同學們會積極分享自己的觀點，討論氣氛也十分活躍。剛開始我因為不習慣而不太敢表達意見，也常擔心自己講得不够好。為了適應此模式，我開始調整讀書方式，例如提前預習、整理重點，讓自己上課時更有信心參與討論。此外，我也逐漸鼓勵自己多開口，即使一開始有些緊張，但隨著次數增加，我開始習慣和不排斥這種互動式的學習方式。透過這段經驗，我變得更勇於表達，也更能主動融入不同的文化環境。

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

這是我第一次離家這麼久，生活和課業上的大小事都得自己處理，也因此我變得比以往更獨立。同時，我也在一次次的挑戰中建立了自信，發現原來自己真的能完成許多過去以為做不到的事。在澳洲的這段期間，我結交了來自台灣和世界各地的朋友。我們一起探索從未去過的地方，而他們也像我人生中的啟發者，讓原本對未來迷惘的我逐漸找到方向，並讓我相信自己有能力活出想要的人生。雖然只待了短短幾個月，但那段時光非常充實、快樂，也讓我學到許多課本上學不到的事情。最後甚至捨不得回台灣——因為在那裡，我真的感受到成長、自由與真正的自己。

感想與建議

這次的海外交換經驗，對我來說是一段真正改變自己的旅程。從一開始面對全英語學習環境、適應澳洲以學生為主導的上課模式，到處理住宿、銀行、網路等生活問題，我在各種挑戰裡變得比以往更加獨立，也更有信心面對未知的東西。在課堂上，我不只學到了許多專業知識，更重要的是，我透過與同學的交流，理解到不同文化思考方式的差異，並學會用更開放的角度去看待各種議題。而在課堂中結交的國際友人，也讓我深刻體會跨文化互動的價值，甚至成為我回國後仍會思念的部分。生活中，我一步步學會如何在陌生的國家建立自己的生活圈，從剛開始的謹慎緊張，到後來可以自在地探索城市、規劃旅行、學會與自己獨處，這些累積讓我真正意識到：自己其實比想像中更有能力。

英文心得

Studying at Griffith University in Australia was a truly transformative experience that allowed me to grow both academically and personally. Griffith is a diverse and welcoming institution known for its interactive, student-centered teaching style. Unlike the traditional lecture-based approach I was used to in Taiwan, classes at

Griffith emphasize active participation, open discussion, and collaboration among students from different cultural backgrounds. This teaching environment was refreshing and challenged me to step out of my comfort zone. It pushed me to engage more actively in class, express my opinions confidently in English, and develop a deeper understanding of different perspectives. I realized that learning is not only about absorbing knowledge but also about sharing ideas, asking questions, and critically thinking with peers.

During my semester abroad, I took three courses: Intercultural Communication, Intercultural Organisations, Peace and Conflict, and Language and Communication for Arts and Social Sciences. In Intercultural Communication, I learned to analyze cultural behavior through emic and etic perspectives, supported by various communication theories. Through case studies and group discussions, I explored how culture shapes people's perceptions, communication styles, and behaviors. This course not only strengthened my analytical skills but also made me more aware of the importance of empathy and cultural sensitivity when interacting with others. Intercultural Organisations, Peace and Conflict introduced me to the operations of international and non-governmental organizations, as well as strategies for conflict resolution and global cooperation. The class discussions often involved evaluating real-world cases, debating different approaches, and presenting solutions in small groups. This course enhanced my critical thinking and problem-solving abilities, as I had to consider multiple perspectives and provide well-reasoned arguments. My favorite course was Language and Communication for Arts and Social Sciences, which was specifically designed for international students. The course had a relaxed and friendly atmosphere, encouraging students to share personal experiences, express ideas freely, and practice English communication skills. Because everyone came from diverse cultural and linguistic backgrounds, the class became a place where I could exchange perspectives and learn from others' experiences. I also developed close friendships with classmates and often explored the city together after class, which made the learning experience more interactive and meaningful.

Living abroad for the first time also taught me to become more independent. Even though I stayed with a host family, I had to handle many aspects of daily life, such as managing my bank card, setting up mobile and internet services, planning trips, and navigating transportation. One notable challenge was when I could not access lecture recordings. It took almost two weeks of emailing my professor and consulting the IT team, but eventually the issue was resolved. This experience taught me persistence, problem-solving, and the importance of clearly communicating problems and seeking help proactively.

Beyond academics, the friendships I formed in Australia were one of the most meaningful parts of my journey. Spending time with classmates from many other countries and Taiwan broadened my worldview and helped me understand different

cultures in a more personal and authentic way. We explored beaches, national parks, and city landmarks, creating memories that made my exchange semester incredibly fulfilling and vibrant.

Overall, my exchange semester at Griffith University strengthened my independence, improved my English communication skills, and expanded my global awareness. It also gave me a clearer direction for my future and the confidence to believe that I can create the life I want. Although my stay lasted only a few months, the experience was deeply rewarding, teaching me lessons beyond the classroom—about resilience, adaptability, and embracing challenges with courage.